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#### Physical Fitness for

#### Business Men

By Frank Gotch.

Now and then, either during exercise or because of its lack, there is a species of cramping in muscles that is usually known as the "charley horse." Sometimes this cramp is painful, and sometimes it is manifested by soreness only. It may become persistent or it may be passing.

The muscles that cramp are not in the best trim. What is worse, it may put a stop to all sorts of exercises. It may continue to manifest its weakness and soon discourage one from indulging in anything of an exercise nature.

The best preventive of the charley horse is a rub down, and the rub down or massage (by hand or with a vibrator) is the best cure.

Trainers, and particularly those in charge of football squads where the boys have been whipped into training from a comparatively soft condition, deal with the charley horse much as a steam roller deals with asphalt.

The knead, twist, rip and tear and get the muscle "loosened up." The knotty formation dis-

appears and the pain vanishes. But a charley horse is like a pestilence. It is apt to spread, and will work its way, step by step, almost the entire length of a muscle or set of muscles.

A rub down, that should always be taken after a bath, consist of more than the mere rubbing. Coconut oil, which acts as a lubricant, is very excellent to rub onto the skin when the massage is ready for operations.

Witch hazel and pure grain alcohol are also other good ingredients, but they lack the lubricative qualities found in the oily coconut product.

The rub down is different from exercise. It performs a function not fully reached by any class of exercise. It helps make the muscles tough and pliable—although massage alone will not bring about the good of physical action as in a gymnasium, because it does not reach all of the muscles and scarcely any of the ligaments.

The business men who finds that exercise lames him so much that it makes his work painful, needs less actual work and more manipulation, either by hand or with an electric vibrator.

The benefits are not felt all at once. They grow. And for that reason this rub-down proposition should be engaged in with the same moderation that marks the gymnasium work.

When a muscle or a set of muscles persists in remaining lame, that is an indication that too strenuous duties are being imposed on them. They must be coaxed—built up. They must be cared for, rubbed and brought up to the standard. They should also be petted to the extent of not using them severely.

By starting in a physical regeneration program on the basis of a little exercise at a time, the muscles are built up so gradually that the heavier work that will be taken up months later will not be felt at all. Lame muscles are usually indications of over-doing, and that never brought anything but regret.

#### Ideas Of A Plain Man

BY DR. FRANK CHRAPE

Education is not what is done for a person but what is done by him.

It is not the influence brought to bear upon him, but the manner of his self-activity.

The whole oak tree is in the acorn, and the whole man is in the child. All that is done to him, to help or hinder him is of value or harm to him according to the degree to which he uses it and incorporates it into his will, words and works.

We marvel why two children growing side by side in the same family, school and society become the one strong and good, the other weak and bad. But it is no greater mystery than why of two plants in the same soil, one will transmute muck into white lilies and the other into red roses.

The principal study in the school room should be by the teacher, to learn and guide the child's activities. The chief moral help a child gets in the home is what he is inspired to do; what he is told not to do has little to do with making character.

The system of education that begins with the assumption that all children are alike, to be forced with a common system, and tested by common grades, is doomed to sterility. The human being is not a block of wood, nor a bean, nor a horse; he is essentially unclassifiable; he is a miracle and a mystery; a new revelation of God.

In Omar's poem he says there was a little talk awhile of Thee and Me, and then no more of Thee and Me.

We enter this world as separate personalities, hard and irreducible individualities; our life's problem is to combine with others.

Happiness lies only in soul-compounds. As we approach we grow, as we recede we grow cold and dead.

The highest joy is love, which is, "a man and a woman melted into one being," as Victor Hugo says.

Every new friendship gives the soul a new chemical substance, with a new flavor and odor, differing from those of either of the ingredient persons.

Even in solitude high souls have been unable to realize happiness, and so must think of God as sharing it.

An invisible companion to share our emotions is so essential to virtue that Voltaire said that "if there were no God it would be necessary to invent one."

The two acts, giving and forgiving, are symbols of spirit-union. When you give you do not deny your right of property, you emphasize it. When you forgive, you do not lower but raise your self-esteem.

This is the mystery of souls, that we find ourselves only as we give ourselves to another.

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#### SALINE

Most of the schools in Saline county won't open for the 1912-13 term till Sept. 9.

J. M. Baker of Nelson shipped a car load of hogs to St. Louis last week which sold for \$8.70 per hundred. The hogs averaged 185 pounds in weight.

E. T. Ault of Nelson was called to Waverly last Monday to see his brother, Leonard who was quite sick. He died on Tuesday. Death was due to an accident which happened last spring.

Marriages:—Harry M. Buck and Mary Herndon both of Marshall. Clyde H. Blosser Malta Bend and Essie Hickman, Perry Mo. W. A. Hogan and Maude Troy, Slater.

Little Mabel Hamilton, daughter of Tom Hamilton of Blackwater aged 9 years, died last Sunday evening at her home from injuries caused by stepping on a chicken bone about a week before.

Wm. F. Bagnell of St. Louis brother of Robert Bagnell of near Nelson and Thos. Bagnell of Marshall was fatally injured last Wednesday morning in an auto accident near Colorado Springs. Mr. Bagnell was in company with Geo. Boeck of St. Louis was making a trip from Denver to the Springs. At a sharp curve on Monument Creek the machine went over a 15 embankment and plunged to the creek bed turning over in the fall. Both men were pinned beneath the car. Mr. Bagnell died in a short time and his companion received serious injuries. Mr. Bagnell was to have been married Sept. 10 to a St. Louis girl. He was 29 years old. Robt. Bagnell attended the funeral of his brother last Wednesday.

Miss Tessie Caffee, 18 years old, daughter of L. Scott Caffee a building contractor of Kansas City was killed in a motor car accident on the "Old Trails" route eight miles east of Marshall last Saturday afternoon when the car went into a ditch in rounding a turn in the road. In the car with Miss Caffee were her cousin, Miss Nell Darling of Marshall and Elmer and Forest Kelly of Independence. The young lady had been visiting relatives and friends at Marshall for several days and was a guest of Miss Darling at the time of the accident. The car went off the end of the culvert into the ditch twelve feet below. Miss Caffee's neck was broken in the fall and her forearm broken. None of the other occupants were injured.

#### One on Her

A young wife was troubled by her husband, who insisted upon coming home intoxicated in the wee small hours of the morning. One night she sat up and waited for him to make his shameful appearance.

He appeared after a short while, and entered the bedroom carrying his shoes. His wife threw a shawl over her head and in her deepest tones said, "I am Satan, I am Satan."

The husband looked her over carefully and holding out his hand said: "Shake old boy! I married your sister."

#### Devotion

Wife. Don't you think my new gown is lovely?

Husband. Yes, but what did it cost?

Wife. Ah, I never think of cost so long as I please you.—Kansas City Journal.

#### A Bigger Ring

What you need," said the wordy medic in his ponderous way, "is an enlargement of your daily round, a wider circle of activity."

"Mebby that's right," said the patient. "I'm a bareback rider in a one-ring circus."—Cleveland Plain Dealer.

## What's The Matter With Your Baby?

The young mother—and many an old one, too—is often puzzled to know the cause of her child's ill nature. The loudness of its crying does not necessarily indicate the seriousness of its trouble. It may have nothing more than a headache or a feeling of general dullness. It cannot, of course, describe its feelings, but as a preliminary measure you are safe in trying a mild laxative.

Nine times out of ten, you will find it is all the child needs, for its restlessness and peevishness are perhaps due to obstruction of the bowels, and once that has been remedied the headache, the sluggishness and the many other evidences of constipation and indigestion will quickly disappear.

Don't give the little one salts, cathartic pills or nasty waters, for these will act as purgatives, and they are too strong for a child. In the families of

Mrs. J. S. Stanley, Seymour, Mo., and Mrs. Benjamin Lockhart, 2728 University St., St. Louis, Mo., the only laxative given is Dr. Caldwell's Syrup Pepsin. It has been found to answer most perfectly all the purposes of a laxative, and its very mildness and freedom from griping recommend it especially for the use of children, women, and old folks generally—people who need a gentle bowel stimulant. Thousands of American families have been enthusiastic about it for more than a quarter of a century.

Anyone wishing to make a trial of this remedy before buying it in the regular way of a druggist at fifty cents or one dollar a large bottle (family size) can have a sample bottle sent to the home free of charge by simply addressing Dr. W. B. Caldwell, 405 Washington St., Monticello, Ill. Your name and address on a postal card will do.

#### Modern Coaling Facilities

The coaling of locomotives at large terminals where a great many engines are dispatched requires the handling of a large amount of coal. The modern engine carries 15 tons, 30,000 pounds.

In the early days this coal was shoveled direct from cars, carried onto engines by hand in small 2 bushel boxes, or taken direct from mines adjoining the main line; but since the nearby coal deposits have been worked out and the mines have been located on spur tracks away from the main lines, coal chutes designed to deliver coal in 1 to 10 ton lots on the engine tender have been erected at convenient places, usually at about 50 miles apart.

Freight trains require coal about every 50 miles, while passenger trains usually run 100 miles or more, without taking coal.

In renewing the old coaling plants or adapting them to double track, the Wabash Railroad is erecting modern steel structures having 300 tons storage, and so arranged as to deliver coal on either the main tracks or passing tracks, or all, at the same time.

The coal is dumped from self-clearing cars into a concrete pit, where it runs by gravity into an elevator having ton buckets which are hoisted by electricity.

The whole arrangement makes a resourceful and economical coaling plant, as an engine can take 10 tons of coal in as many seconds, thus insuring minimum stoppage and avoiding delay to trains.

#### Surry and Colt For Sale

Good Studebaker surry and 3 year old broke colt for sale at bargain. Enquire at Courier office. 26tf

#### Seaside

"Lucille," said the haughty lady.

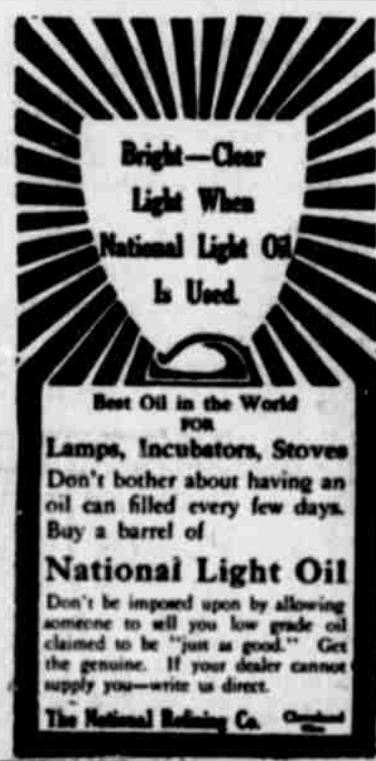
"Yes, madam?" said the maid. "Look out of the window and see if any other lady is using the ocean. If not, I may take a bawth."—Louisville Courier Journal.

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Judge J. L. Stacy returned last Saturday from attending Cumberland Presbytery at Middle Fabsins, Scotland Co. The judge reports a good attendance and a splendid meeting.

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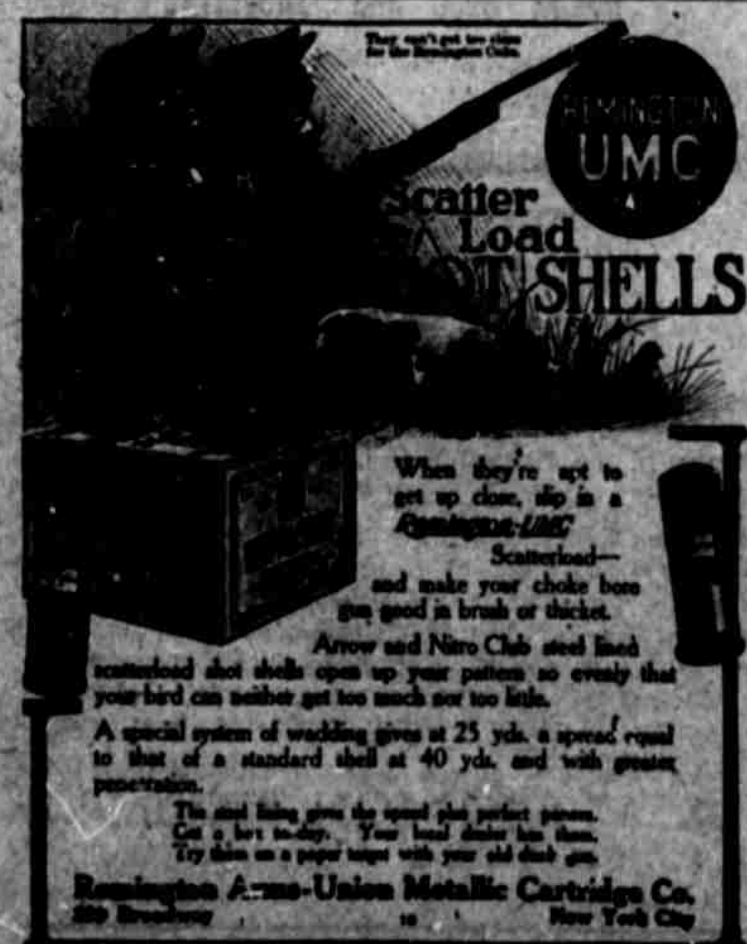
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Arrow and Nitro Club steel lined scattered shot shells open up your pattern so evenly that your bird can neither get too much nor too little.

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